

**Abstract**

The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of nurses working in different departments of a tertiary care hospital. The study included 100 nurses from the medical-surgical department and 100 nurses from the intensive care unit. Data were collected by means of a questionnaire that assessed demographic characteristics, work-related variables, and psychosocial factors. Results showed that the prevalence of low back pain was higher among nurses in the intensive care unit than among those in the medical-surgical department. This finding may be related to the fact that nurses in the intensive care unit are exposed to more physical demands and have less control over their work environment compared to those in the medical-surgical department.

**Keywords:** low back pain, prevalence, risk factors, nurses, intensive care unit, medical-surgical department

**Introduction**

Low back pain (LBP) is a common occupational problem for nurses. It is estimated that approximately 8% of nurses experience LBP at some point in their career (Garg & Garg, 2006). The prevalence of LBP varies widely among studies, ranging from 1% to 97% (Garg & Garg, 2006). The most commonly reported risk factors for LBP among nurses include age, gender, duration of employment, job title, and work environment (Garg & Garg, 2006).

The purpose of this study was to determine whether there were differences in the prevalence of risk factors for LBP between two groups of nurses working in different departments of a tertiary care hospital. The study included 100 nurses from the medical-surgical department and 100 nurses from the intensive care unit (ICU). Data were collected by means of a questionnaire that assessed demographic characteristics, work-related variables, and psychosocial factors. Results showed that the prevalence of LBP was higher among nurses in the ICU than among those in the medical-surgical department. This finding may be related to the fact that nurses in the ICU are exposed to more physical demands and have less control over their work environment compared to those in the medical-surgical department.

**Methods**

The study was conducted in a tertiary care hospital. Two groups of nurses were selected: 100 nurses from the medical-surgical department and 100 nurses from the ICU. All participants gave informed consent before participating in the study. Data were collected by means of a questionnaire that assessed demographic characteristics, work-related variables, and psychosocial factors. The questionnaire was administered by a research assistant who was blinded to the study's purpose. The questionnaire consisted of three sections: Section 1 assessed demographic characteristics (age, gender, duration of employment, job title); Section 2 assessed work-related variables (workload, physical demands, control over work environment); and Section 3 assessed psychosocial factors (stress, anxiety, depression). The questionnaire was completed by all participants, and the results were analyzed using descriptive statistics.

**Results**

The prevalence of LBP was significantly higher among nurses in the ICU than among those in the medical-surgical department ( $p < .05$ ). This finding may be related to the fact that nurses in the ICU are exposed to more physical demands and have less control over their work environment compared to those in the medical-surgical department. The mean age of the nurses in the ICU was significantly higher than that of the nurses in the medical-surgical department ( $p < .05$ ). The mean duration of employment was also significantly higher among nurses in the ICU than among those in the medical-surgical department ( $p < .05$ ). There were no significant differences between the two groups regarding gender, job title, workload, physical demands, control over work environment, stress, anxiety, or depression.

**Conclusion**

The findings of this study suggest that there are differences in the prevalence of risk factors for LBP between nurses working in different departments of a tertiary care hospital. Nurses in the ICU are at a higher risk for LBP due to increased physical demands and reduced control over their work environment. Further research is needed to explore the underlying causes of these differences and to develop interventions to reduce the prevalence of LBP among nurses.

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2144

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(delay\$5 shift\$5 digital\$5 tv television schedule\$5 time\$5) adj3 (record\$5 operation )	8/5	gk
(request\$5 get\$5 ask\$5 locat\$5 search\$5 detect\$5 sens\$5 inquir\$5 quer\$5 acquis\$5 acquir\$5 synchron\$5) near4 ((standard local	8/5	gk